

Monday | February 19, 2024 @ 7pm via Zoom



**“Finding Joy in Your Journey”
Learning How To Live After The Diagnosis**

Guest Speaker

Keeshia Jones

Stage 4 Metastatic Breast Cancer Patient & Advocate

Director of Healthcare & Community Partnerships

ABCD: After Breast Cancer Diagnosis



Find **JOY** in your **JOurneY!**

I was diagnosed with breast cancer, but I AM so much more!



I am fearfully and wonderfully made by God.

I am an African American woman who is proud of my heritage.

I am a wife of 26 years and mother of 4 which includes twins.

I am unique, confident, patient, creative, funny, compassionate AND corny.

I am a sandy beach with ocean waves and blue waters on an island in the Caribbean.

I am pepperoni pizza, pineapples, peaches, peppermint, mac & cheese and sweet potato pie.

I am a lover of music, movies and dancing.

I am a loving Ouma (African-Swahili word for grandma) who spoils the Princess & the Saint.

I am a peace-maker.

I am a servant.

I am "Faith, Family, Friends" and "Thankful, Grateful, Blessed".

July 2018: Stage 1, ER+, HER2-, Lumpectomy, Reconstruction, Radiation, Hormone Therapy

MBC FACT

There is **no cure** for **Metastatic Breast Cancer**, also known as **Stage 4**, where the cancer has left the breast and traveled to other parts of the body.



METAvivor.org/LightUpMBC

MBC FACT

Only **31%** of people diagnosed with Metastatic Breast Cancer **live longer** than **5 years**.



TUNE IN #LightUpMBC Live
Fri, Oct 13, 2023 | 8:30pm ET

MBC FACT

The **mortality rate** for **Black women** diagnosed with Metastatic Breast Cancer is about **41% higher** than the rate for Caucasian women.



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MBC FACT

Metastatic Breast Cancer patients often **don't look sick** because this disease can be **invisible** from the **outside**.



METAvivor.org/LightUpMBC

MBC FACT

Approximately **30%** of early stage breast cancer **survivors** will have a **recurrence as Stage 4** Metastatic Breast Cancer.



METAvivor.org/LightUpMBC



January 2023: Stage 4 Metastatic Breast Cancer - Mets to Bones, Liver



Learning How to Live After the Diagnosis



"Go within every day and find the inner strength so that the world will not blow your candle out."

KATHERINE DUNHAM

**Find your source of strength.
Advocate for yourself.
Check-In with yourself.
Know Your Body.
Embrace your power.
Feel how you feel.
Find Your Village.
Ask for Help.
Give Grace.
LIVE.**

5 ways to be your own health advocate

Listen to your body.

Be prepared with a list and ask your doctor questions.

Research what doctors tell you and do not be afraid to reach back out with concerns.

Get a second opinion.

Don't ignore your intuition.



After Breast Cancer Diagnosis

CUSTOMIZED, ONE-TO-ONE EMOTIONAL SUPPORT



Who We Are

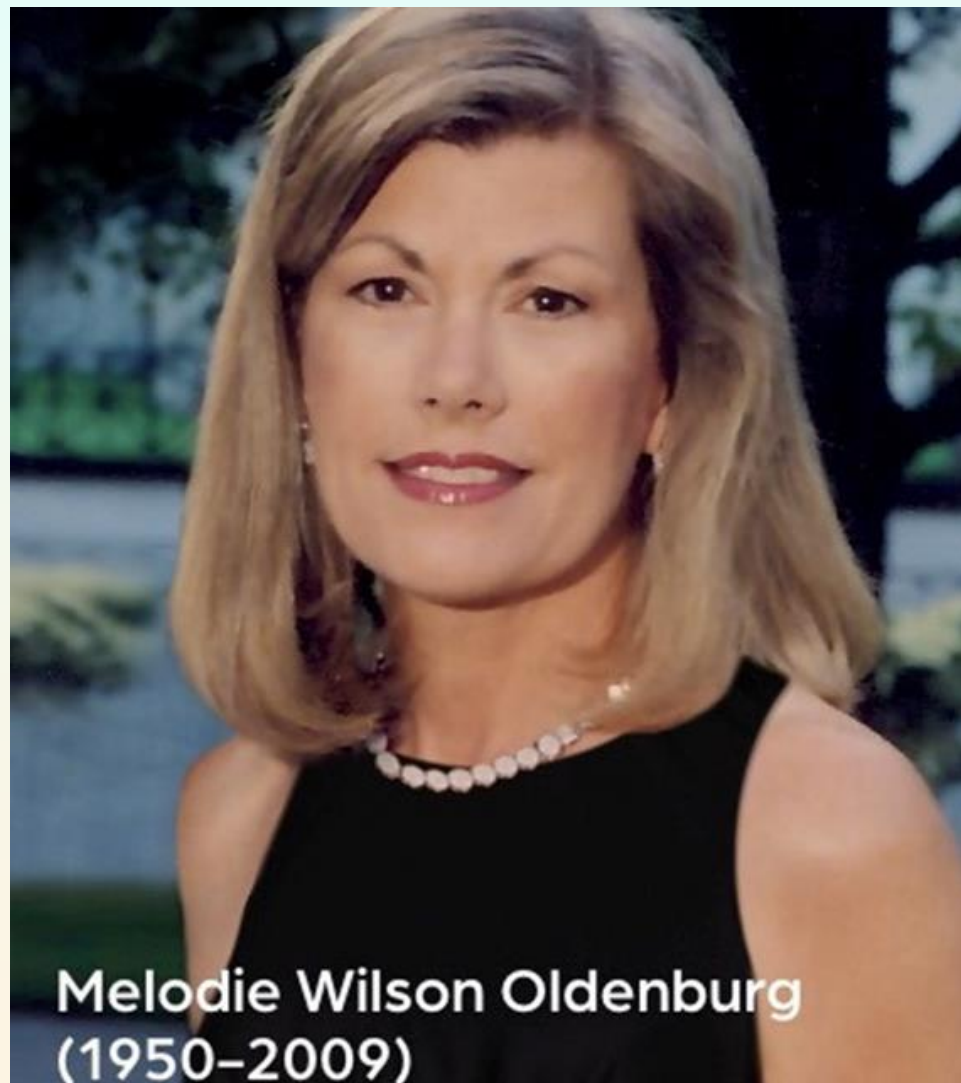
ABCD: After Breast Cancer Diagnosis is an international breast cancer organization that offers free emotional support services to anyone affected by breast cancer— patients, family, and friends.

Our services are available anytime from the moment of diagnosis, through treatment, and into survivorship. We support all stages of breast cancer, including metastatic.



Our History

est. 1999



abcd
after
breast cancer
diagnosis
"the power of one-to-one"



Our Mission

ABCD nurtures hope and restores confidence in **anyone** impacted by breast cancer



abcd

Anyone. Anywhere. Any Stage.

ABCD's Signature Service

Our signature service is creating a customized match with a professionally trained volunteer Mentor who not only shares a similar diagnosis and treatment plan, but is also of similar age, has common interests, personal traits and family dynamics.



ABCD Mentors

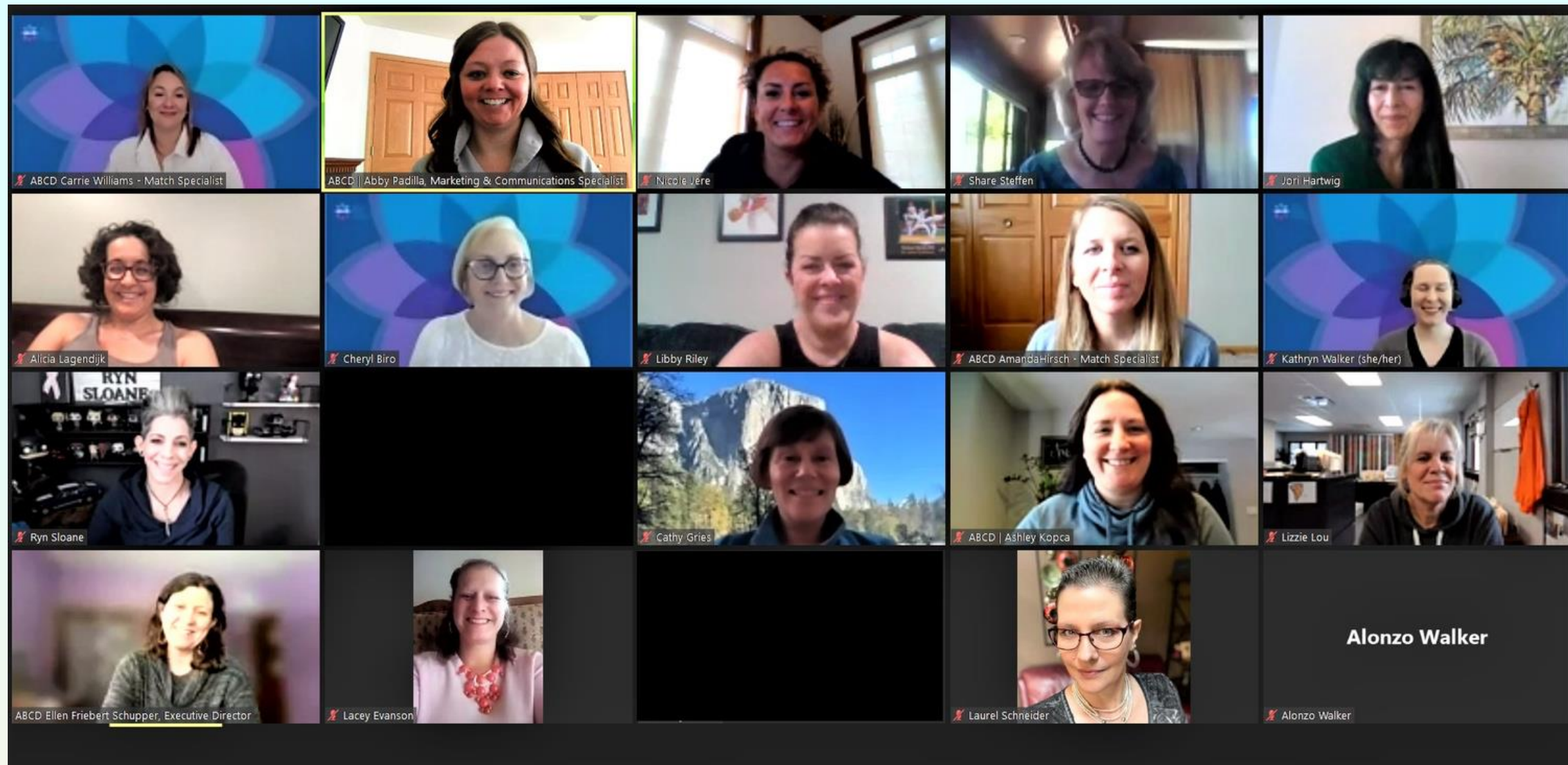
We currently have over 200 active and diverse Mentors located throughout the United States, enabling us to make truly personalized connections.



Who are our Mentors

ABCD Mentors are volunteers who are breast cancer survivors at least 1 year past completing treatment (with the exception of hormone replacement therapy), living with metastatic/Stage IV disease, or a friend, family, or caregiver of a breast cancer patient.





Mentor Training

Each Mentor has been interviewed, screened, and completed a comprehensive training program specifically developed for ABCD to help them best use their personal breast cancer experience to comfort and guide those they will be mentoring.

ABCD's Interactive Training Covers



ABCD Intro



Confidentiality & Ethics



Roles & Responsibilities



Listening & Communications



Applied Communications



Open Mentor Panel Discussion



Breast Cancer 101

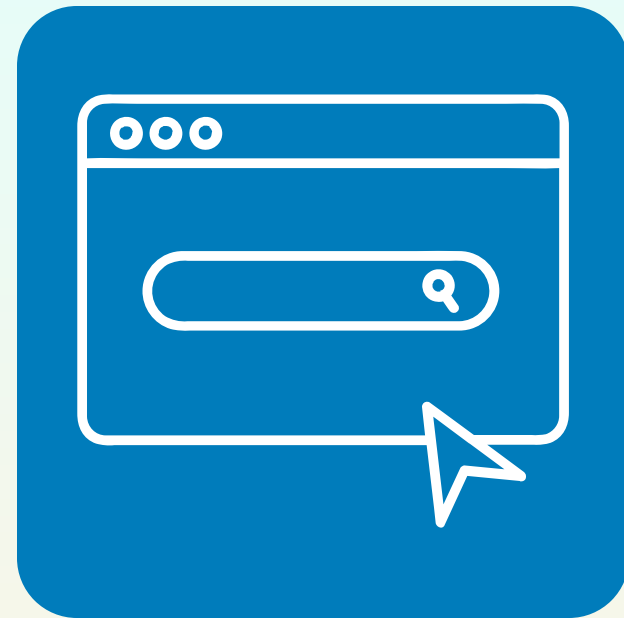


Breast Cancer & Your Sexuality



The Match Process

FREE | EASY | NO WAITLIST



Contact ABCD through our website, email or over the phone



Tell us about your diagnosis, treatment plan, age, and what is important to you



Our Match Specialists pair you with a Mentor who's just right for you

Request Support

Get free, customized emotional support
Whether you want to talk to someone who understands
what you're going through, or you need trusted, reliable
resources to help answer all of your questions, the
ABCD team is here to support you every step of the way.

Visit: <https://abcdbreastcancersupport.org/get-support/>

Click on: **GET MATCHED** and complete the form for yourself or
someone impacted by a breast cancer diagnosis.



Get Matched

Our *Personalized* Connection



General Breast Cancer Information

Are you looking to increase your general knowledge of breast cancer?



Appearance Products

Looking for a wig, lymphedema products, prostheses, bras?



Survivorship Care & Planning

Do you need help with next steps after your final treatment?



Advocacy

Are you interested in learning more about breast cancer awareness and research/volunteer opportunities?



Resources for Financial Issues & Case Management

Do you need help shouldering the financial burden of a breast cancer diagnosis?



Communications & Caregiving

Are you looking for help supporting someone dealing with breast cancer?



Work & Life Issues

Are you looking for fact-based information about work-related challenges during treatment for and recovery from breast cancer?



Clinical Trials

Are you interested in exploring other treatment options?

We also connect people with **trusted** reliable resources to help answer questions about diagnosis, appearance products, survivorship care, and work & life issues.





After
Breast
Cancer
Diagnosis

25
YEARS
— OF —
IMPACT

Inspiring Hope. Transforming Lives.

2022 At A Glance



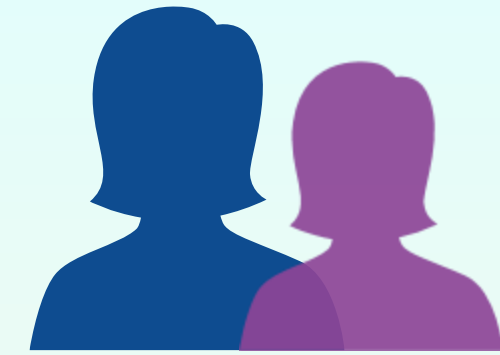
42%

Of referrals came from
Healthcare Professionals



3,625+

Hours donated by our
volunteer Mentors



725

Matches – our most ever!
(up 10% from 2021)



60%

Increase in demand in
services over 2020



1,100

Requests for a Mentor,
information or resource support



26

New Mentors trained

25 Years Of Impact



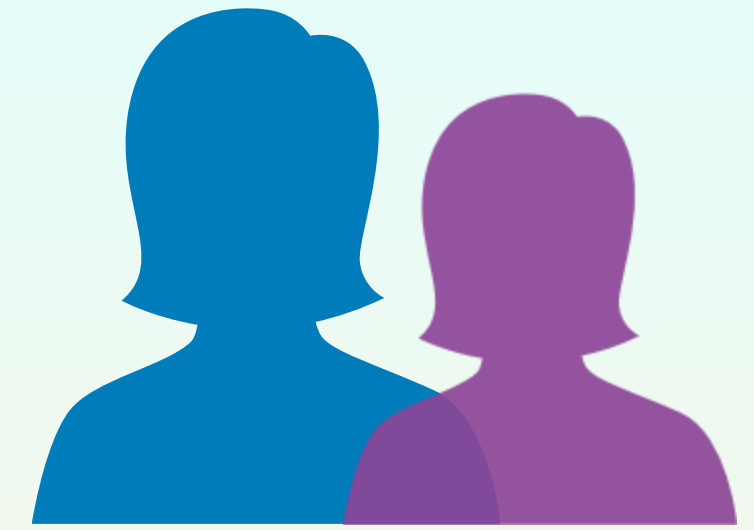
7,316

Total one-to-one
matches



108K+

People served in 48
states & 10 countries



790

Mentors trained

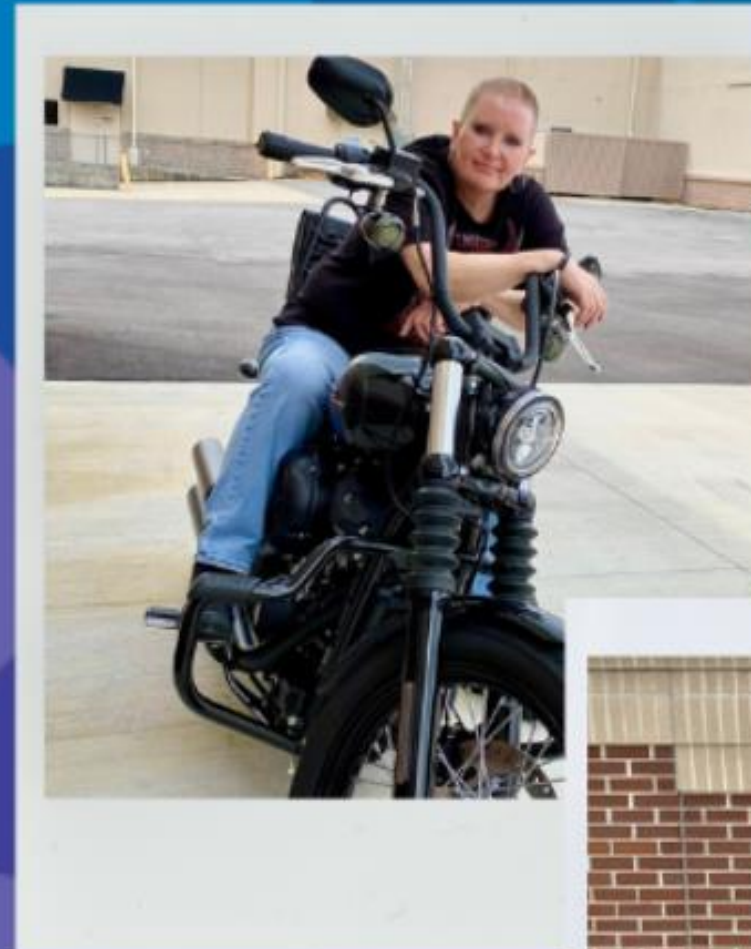
*Statistics as of September 2023

Breast Cancer Organization Partners



“ABCD couldn’t have picked a more perfect Mentor for me. She had the same type of breast cancer. She also rides a Harley. That connection meant the world to me.”

Donna, ABCD Participant





“ABCD’s New Mentor Training
was just incredible.
It helped me make sense of my
own situation, my own journey.”

Melodie, ABCD Mentor



After
Breast
Cancer
Diagnosis

FREE, CUSTOMIZED, ONE-TO-ONE EMOTIONAL SUPPORT

For more information:

ABCDBreastCancerSupport.org | 800-977-4121

Follow us on social media

ABCDAfterBreastCancerDiagnosis   